

# Energy Conservation

## What is Energy Conservation?

**Energy conservation** is simply not using energy when you don't need to. It's as easy as turning off a light switch, turning down a thermostat, or unplugging the old refrigerator in the garage. It is the easiest, most effective way to reduce our personal **carbon footprint**, or impact on the climate, and to save money on your energy bills in the process.

## Phantom Loads

Perhaps the best examples of how we use energy without even realizing it are phantom loads. These are electrical loads that run continuously even when we are not using an appliance.

For example, your DVD player probably continues to receive remote-control signals even when it's turned off. You may see a little red light whenever it is patiently waiting for a signal from the remote. This electrical load uses just a few watts of power continuously. Over time, however, those watt-hours add up to considerable energy usage.

If you actually use the DVD player to watch one movie, it will consume about 40 watt-hours of energy in that two-hour period. During the rest of the day, when it's on standby for 22 hours straight, it will use 66 watt-hours of energy. So your DVD player probably uses more energy when it's turned off than when it's turned on.

Combined, all of the phantom loads in the U.S. use about the same amount of energy as the entire continent of Australia uses - with 22 million energy-hungry people. The solution is simple: plug those computers, chargers, microwaves and Xboxes into a power strip. When they're not in use, flip off the powerstrip switch!

**“Every watt not used is a watt that doesn't have to be produced, processed or stored.”**

**Richard Perez - Publisher of Home Power Magazine**



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